

Full Report (All Nutrients) 20003, Arrowroot flour

Report Date: June 27, 2017 02:41 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.03 Fat Factor: 8.37 Protein Factor:2.78 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 128g
Proximates					
Water	g	11.37	2	--	14.55
Energy	kcal	357	--	--	457
Energy	kJ	1494	--	--	1912
Protein	g	0.30	2	--	0.38
Total lipid (fat)	g	0.10	3	0.100	0.13
Ash	g	0.08	2	--	0.10
Carbohydrate, by difference	g	88.15	--	--	112.83
Fiber, total dietary	g	3.4	--	--	4.4
Minerals					
Calcium, Ca	mg	40	2	--	51
Iron, Fe	mg	0.33	2	--	0.42
Magnesium, Mg	mg	3	2	--	4
Phosphorus, P	mg	5	2	--	6
Potassium, K	mg	11	2	--	14
Sodium, Na	mg	2	2	--	3
Zinc, Zn	mg	0.07	2	--	0.09
Copper, Cu	mg	0.040	2	--	0.051
Manganese, Mn	mg	0.470	2	--	0.602
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.001	2	--	0.001
Riboflavin	mg	0.000	2	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 128g
Niacin	mg	0.000	2	--	0.000
Pantothenic acid	mg	0.130	2	--	0.166
Vitamin B-6	mg	0.005	2	--	0.006
Folate, total	µg	7	2	--	9
Folic acid	µg	0	--	--	0
Folate, food	µg	7	2	--	9
Folate, DFE	µg	7	--	--	9
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.019	--	--	0.024
14:0	g	0.001	1	--	0.001
16:0	g	0.017	1	--	0.022
18:0	g	0.001	1	--	0.001
Fatty acids, total monounsaturated	g	0.002	--	--	0.003
16:1 undifferentiated	g	0.000	1	--	0.000
18:1 undifferentiated	g	0.002	1	--	0.003
Fatty acids, total polyunsaturated	g	0.045	--	--	0.058
18:2 undifferentiated	g	0.036	1	--	0.046
18:3 undifferentiated	g	0.009	1	--	0.012
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.004	1	--	0.005
Threonine	g	0.012	1	--	0.015
Isoleucine	g	0.010	1	--	0.013
Leucine	g	0.019	1	--	0.024
Lysine	g	0.013	1	--	0.017
Methionine	g	0.006	--	--	0.008
Cystine	g	0.006	1	--	0.008

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 128g
Phenylalanine	g	0.012	1	--	0.015
Tyrosine	g	0.009	1	--	0.012
Valine	g	0.014	1	--	0.018
Arginine	g	0.012	1	--	0.015
Histidine	g	0.004	1	--	0.005
Alanine	g	0.014	1	--	0.018
Aspartic acid	g	0.047	1	--	0.060
Glutamic acid	g	0.050	1	--	0.064
Glycine	g	0.014	1	--	0.018
Proline	g	0.009	1	--	0.012
Serine	g	0.013	1	--	0.017
Other					